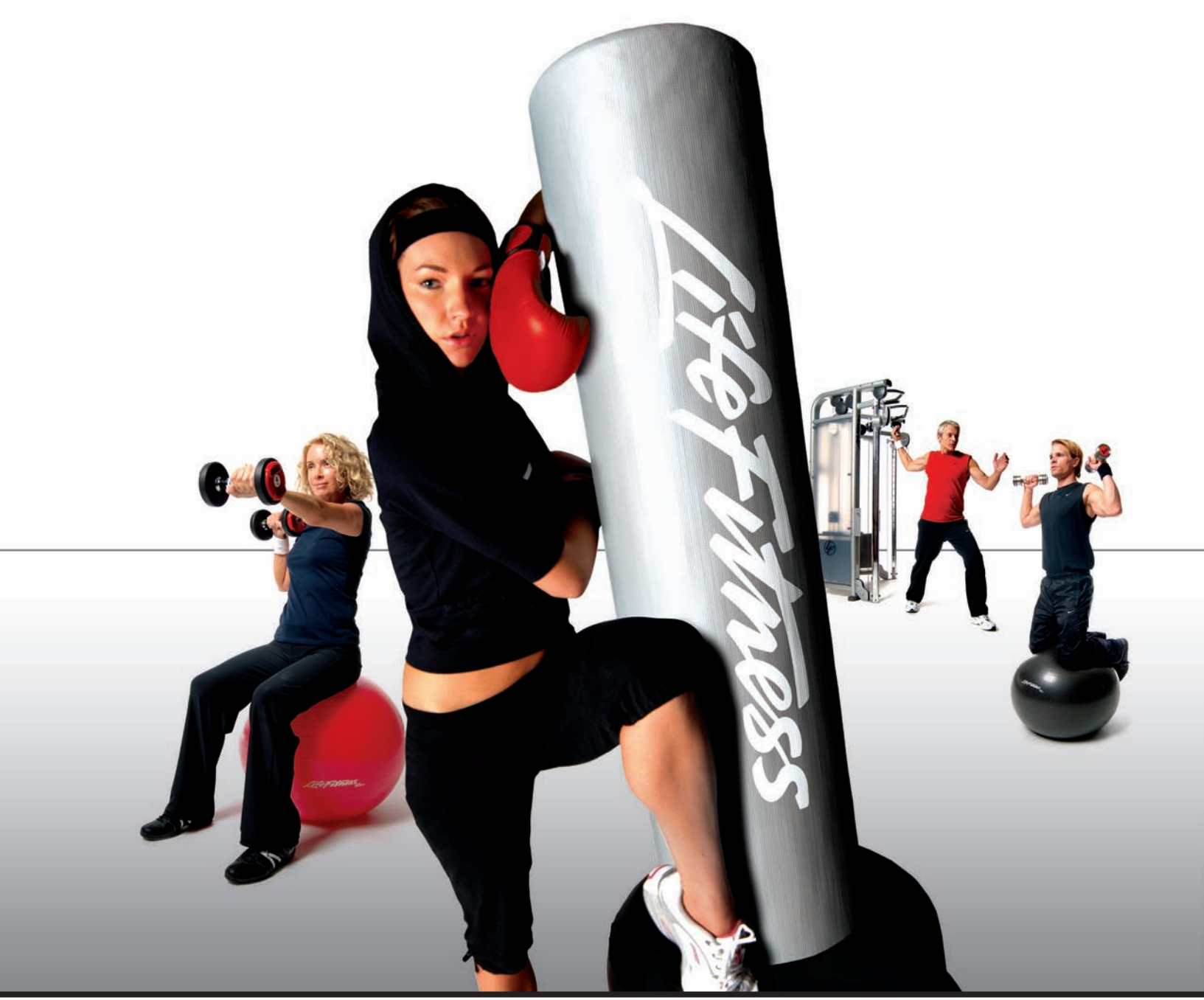

FUNCTIONAL ACCESSORIES EQUIPMENT BROCHURE

V2

LifeFitness

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DUMBBELL SETS AND RACKS

1-10 URETHANE DUMBBELL SET INCL - X RACK

1-10 URETHANE DUMBBELL SET INCL - X RACK

1-10kg Urethane Set 10prs Incl - X Rack HSU1000

L 640 x W 930 x H 1340mm Weight: 43kg without dumbbells.

1-10KG NICKEL DUMBBELL SET INCL - X RACK

1-10kg Nickel Dumbbell Set 10prs Incl - X Rack LFNP2000

L 640 x W 930 x H 1340mm Weight: 43kg without dumbbells.

2-20kg Nickel Dumbbell Set 10prs Incl - X Rack LFNP2002

L 640 x W 930 x H 1340mm Weight: 43kg without dumbbells.

RUBBER DUMBBELL SETS AND RACKS

DUMBBELL SETS

2-20kg 10prs Rubber Dumbbell Set HDB1000

22-30kg 5prs Rubber Dumbbell Set HDB1002

32-40kg 5prs Rubber Dumbbell Set HDB1004

42-50kg 5prs Rubber Dumbbell Set HDB1009

Rubber Feet For Racks ESCPAD

DUMBBELL SETS INCLUDING HORIZONTAL RACK

2-20kg Rubber Dumbbell Set Incl - Rack (esc1rack) HDB1000R

L 1500 x W 900 x H 820mm Weight: 61kg without Dumbbells. (esc1rack - **NO CUPS**).

12-30kg Rubber Dumbbell Set Incl - Rack (esc2rack) HDB1005R

L 2000 x W 900 x H 820mm Weight: 74kg without Dumbbells. (esc2rack - **NO CUPS**).

2-30kg Rubber Dumbbell Set Incl - Rack (esc3rack) HDB1006R

L 2400 x W 900 x H 820mm Weight: 81kg without Dumbbells. (esc3rack - **NO CUPS**).

2-40kg Rubber Dumbbell Set Incl - Racks (esc1+esc2racks) HDB1007R

L 1500 x W 900 x H 820mm Weight: 61kg without Dumbbells. (esc1rack - **NO CUPS**).
L 2000 x W 900 x H 820mm Weight: 74kg without Dumbbells. (esc2rack - **NO CUPS**).

22-40kg Rubber Dumbbell Set Incl - Rack (esc2rack) HDB1008R

L 2000 x W 900 x H 820mm Weight: 74kg without Dumbbells. (esc2rack - **NO CUPS**).

42-50kg Rubber Dumbbell Set Incl - Rack (esc4rack) HDB1009R

L 1100 x W 900 x H 820 Weight: 54kg without Dumbbells. (esc4rack - **NO CUPS**).

HORIZONTAL RACKS WITH CUPS

5prs Dumbbell Rack With Cups ESC11RACK

Use with any 2-50kg Dumbbells. L 1098 x W 900 x H 820mm Weight: 72kg

10prs Dumbbell Rack With Cups ESC12RACK

Use with any 2-30kg Dumbbells. L 1823 x W 900 x H 820mm Weight: 105kg

10prs Dumbbell Rack With Cups ESC13RACK

Use with any 30-50kg Dumbbells. L 2273 x W 900 x H 820mm. Weight: 117kg

DUMBBELL SETS INCLUDING UPRIGHT RACK

2-20kg Rubber Dumbbell Set 10prs Incl - Upright Rack HDB1000V

L 850 x W 540 x H 1110mm Weight: 36kg without Dumbbells.

12-30kg Rubber Dumbbell Set 10prs Incl - Upright Rack HDB1003V

L 850 x W 540 x H 1110mm Weight: 36kg without Dumbbells.

Signature Horizontal Rack - 10prs SDR2

With cups.

Signature Horizontal Rack - 5prs SDR1

With cups.

Signature Horizontal Rack - 5prs SDR1

With cups.

Signature Horizontal Rack - 10prs SDR2

With cups.

DUMBBELL SETS INCLUDING UPRIGHT RACK

2-20kg Polyurethane Dumbbell Set 10prs Incl - Upright Rack PHDB1000V

L 850 x W 540 x H 1110mm Weight: 36kg without Dumbbells

12-30kg Polyurethane Dumbbell Set 10prs Incl - Upright Rack PHDB1003V

L 850 x W 540 x H 1110mm Weight: 36kg without Dumbbells

DUMBBELL SETS / RACKS WITH CUPS

2-20kg Polyurethane Dumbbell Set 10prs - Red PHDB1000

10prs Dumbbell Rack With Cups ESC12RACK

Use with any 2-30kg Dumbbells. L 1823 x W 900 x H 820mm Weight: 105kg

Rubber Feet For Racks ESCPAD

DUMBBELL SETS INCLUDING HORIZONTAL RACK

2-20kg Polyurethane Dumbbell Set Incl - Rack (esc1rack) PHDB1000R

L 1500 x W 900 x H 820mm Weight: 61kg without Dumbbells. (esc1rack - **NO CUPS**).

12-30kg Polyurethane Dumbbell Set Incl - Rack (esc2rack) PHDB1005R

L 2000 x W 900 x H 820mm Weight: 74kg without Dumbbells. (esc2rack - **NO CUPS**).

2-30kg Polyurethane Dumbbell Set Incl - Rack (esc3rack) PHDB1006R

L 2400 x W 900 x H 820mm Weight: 81kg without Dumbbells. (esc3rack - **NO CUPS**).

2-40kg Polyurethane Dumbbell Set Incl - Rack (esc1+esc2rack) PHDB1007R

L 1500 x W 900 x H 820mm Weight: 61kg without Dumbbells. (esc1rack - **NO CUPS**).
L 2000 x W 900 x H 820mm Weight: 74kg without Dumbbells. (esc2rack - **NO CUPS**).

22-40kg Polyurethane Dumbbell Set Incl - Rack (esc2rack) PHDB1008R

L 2000 x W 900 x H 820mm Weight: 74kg without Dumbbells. (esc2rack - **NO CUPS**).

42-50kg Polyurethane Dumbbell Set Incl - Rack (esc4rack) PHDB1009R

L 1100 x W 900 x H 820 Weight: 54kg without Dumbbells. (esc4rack - **NO CUPS**).

52-60kg Polyurethane Dumbbell Set Incl - Rack (esc4rack) PHDB1010R

L 1100 x W 900 x H 820 Weight: 54kg without Dumbbells. (esc4rack - **NO CUPS**).

DUMBBELL SETS

2-20kg Polyurethane Dumbbell Set 10prs - Red	PHDB1000
22-30kg Polyurethane Dumbbell Set 5prs - Grey	PHDB1002
32-40kg Polyurethane Dumbbell Set 5prs - Blue	PHDB1004

HORIZONTAL RACKS WITH CUPS

5prs Dumbbell Rack With Cups ESC11RACK

Use with any 2-50kg Dumbbells. L 1098 x W 900 x H 820mm Weight: 72kg

10prs Dumbbell Rack With Cups ESC12RACK

Use with any 2-30kg Dumbbells. L 1823 x W 900 x H 820mm Weight: 105kg

10prs Dumbbell Rack With Cups ESC13RACK

Use with any 30-50kg Dumbbells. L 2273 x W 900 x H 820mm. Weight: 117kg

Rubber Feet For Racks ESCPAD

DUMBBELL SETS

42-50kg Polyurethane Dumbbell Set 5prs - Black PHDB1009

52-60kg Polyurethane Dumbbell Set 5prs - Black PHDB1010

DUMBBELL AXE CHOP
DUMBBELL 1-LEG REACH
DUMBBELL SQUAT & SINGLE ARM REACH
DUMBBELL LUNGE & ROW

DUMBBELL
AXE CHOP
DUMBBELL ALTERNATING
SHOULDER PRESS
DUMBBELL SQUAT &
SINGLE ARM PRESS
DUMBBELL LUNGE
SINGLE ARM PRESS

BARBELL SETS AND RACKS

CURL BARBELL SETS

10-20kg Rubber Barbell Set 5bars (2.5kg inc)	HBBC4000
Curl handles - 10, 12.5, 15, 17.5, 20kg.	
25-45kg Rubber Barbell Set 5bars (5kg inc)	HBBC4002
Curl handles - 25, 30, 35, 40, 45kg.	
Rubber Feet For Racks	ESCPAD

STRAIGHT BARBELL SETS INCLUDING UPRIGHT RACK

10-20kg Rubber Barbell Set Incl - Rack (esc15rack) HBB4000R

L 690 x W 940 x H 1110mm Weight: 35kg without Barbells. Straight handles.

25-45kg Rubber Barbell Set Incl - Rack (esc15rack) HBB4002R

L 690 x W 940 x H 1110mm Weight: 35kg without Barbells. Straight handles.

10-45kg Rubber Barbell Set Incl - Rack (esc9rack) HBB4004R

L 980 x W 1000 x H 1040mm Weight: 50kg without Barbells. Straight handles

STRAIGHT BARBELL SETS / UPRIGHT RACKS

10-20kg Rubber Barbell Set 5bars (2.5kg inc) HBB4000

Straight handles - 10, 12.5, 15, 17.5, 20kg.

25-45kg Rubber Barbell Set 5bars (5kg inc) HBB4002

Straight handles - 25, 30, 35, 40, 45kg.

5 Bar Barbell Rack ESC15RACK

L 690 x W 940 x H 1110mm. Weight: 35kg without Barbells

10 Bar Barbell Rack ESC9RACK

L 980 x W 1000 x H 1040mm Weight: 50kg without Barbells

STRAIGHT BARBELL SETS

10-20kg Polyurethane Barbell Set 5bars (2.5kg inc) - Red PHBB4000

Straight handles - 10, 12.5, 15, 17.5, 20kg.

25-45kg Polyurethane Barbell Set 5bars (5kg inc) - Grey PHBB4002

Straight handles - 25, 30, 35, 40, 45kg.

Rubber Feet For Racks ESCPAD

BARBELL SETS INCLUDING UPRIGHT RACK

10-20kg Polyurethane Barbell Set Incl - Rack (esc15rack) PHBB4000R

L 690 x W 940 x H 1110mm Weight: 35kg without Barbells

25-45kg Polyurethane Barbell Set Incl - Rack (esc15rack) PHBB4002R

L 690 x W 940 x H 1110mm Weight: 35kg without Barbells

10-45kg Polyurethane Barbell Set Incl - Rack (esc9rack) PHBB4004R

L 980 x W 1000 x H 1040mm Weight: 50kg without Barbells

UPRIGHT RACKS

5 Bar Barbell Rack ESC15RACK

L 690 x W 940 x H 1110mm Weight: 35kg without Barbells

10 Bar Barbell Rack ESC9RACK

L 980 x W 1000 x H 1040mm Weight: 50kg without Barbells

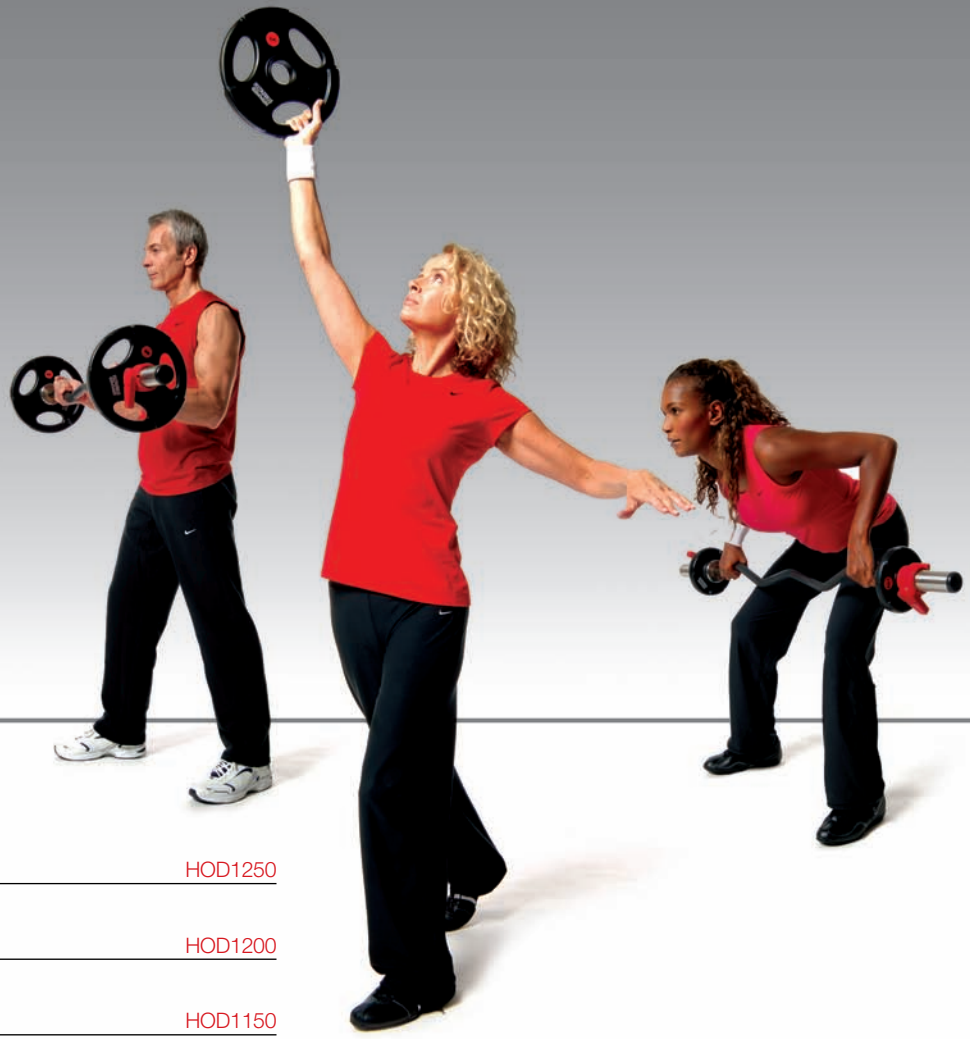
BARBELL
UPRIGHT ROW
CLOSE-GRIP BARBELL
UPRIGHT ROW
BARBELL SQUAT
BARBELL SQUAT

SHOULDER
PRESS
SINGLE LEG
SHOULDER PRESS
BARBELL
BICEP CURL
BENT-OVER
BARBELL ROW

FITNESS DISCS AND BUMPER PLATES

HAMMER STRENGTH
10
HAMMER STRENGTH
10

Weight Tree	SOWT
157.5kg - Hammer Rubber Disc Pack - 14 Discs	HOD1001
315kg - Hammer Rubber Disc Pack - 28 Discs	HOD1002



25kg - Rubber Fitness Disc - Black (Each)	HOD1250
20kg - Rubber Fitness Disc - Black (Each)	HOD1200
15kg - Rubber Fitness Disc - Black (Each)	HOD1150
10kg - Rubber Fitness Disc - Black (Each)	HOD1100
5kg - Rubber Fitness Disc - Black (Each)	HOD1050
2.5kg - Rubber Fitness Disc - Black (Each)	HOD1025
1.25kg - Rubber Fitness Disc - Black (Each)	HOD1012

POLYURETHANE FITNESS DISCS WITH STAINLESS STEEL CENTRES

Weight Tree	SOWT
157.5kg - Hammer Polyurethane Disc Pack - 14 Discs	PHOD1001
315kg - Hammer Polyurethane Disc Pack - 28 Discs	PHOD1002

25kg - Polyurethane Fitness Disc - Grey (Each)	PHOD1250
20kg - Polyurethane Fitness Disc - Black (Each)	PHOD1200
15kg - Polyurethane Fitness Disc - Blue (Each)	PHOD1150
10kg - Polyurethane Fitness Disc - Red (Each)	PHOD1100
5kg - Polyurethane Fitness Disc - Grey (Each)	PHOD1050
2.5kg - Polyurethane Fitness Disc - Blue (Each)	PHOD1025
1.25kg - Polyurethane Fitness Disc - Red (Each)	PHOD1012

BUMPER PLATES WITH STAINLESS STEEL CENTRES

BUMPER PLATES WITH STAINLESS STEEL CENTRES

25kg Bumper Plate - Black	HCBD1250
20kg Bumper Plate - Grey	HCBD1200
15kg Bumper Plate - Red	HCBD1150
10kg Bumper Plate - Blue	HCBD1100
5kg Bumper Plate - Black	HCBD1050

FREE-WEIGHTS AND ACCESSORIES

A ***Olympic Training Bar*** HSA7112
L 2200mm - 20kg

B ***Olympic Junior Bar*** HSA7114
L 1530mm - 12kg

C ***Olympic Curl Bar*** HSA7115
L 1200mm - 9kg

D ***Olympic Spin Lock Collar (Each)*** SA7110
50mm

E ***Clamp Collars (Pair)*** KAMCOL2
50mm

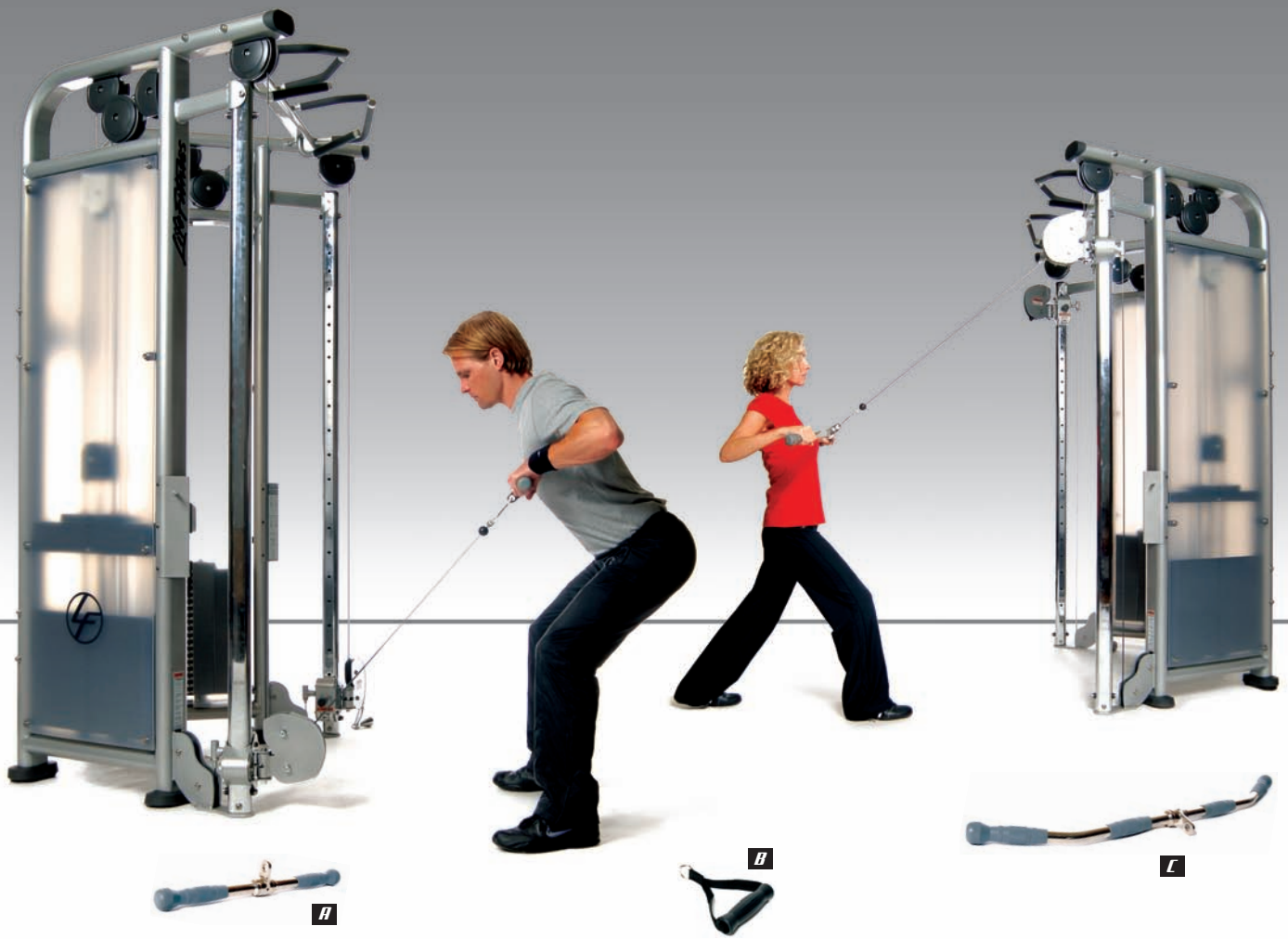
F ***Olympic Spring Collar (Each)*** SA7113
50mm

G ***Curl Bar - With Stainless Steel Sleeves*** SA7115/S
L 1200mm - 9kg

H ***Junior Bar - With Stainless Steel Sleeves*** SA7114/S
L 1530mm - 12kg

I ***Power Bar - With Stainless Steel Sleeves*** SA7112/S
L 2200mm - 20kg

J ***Olympic Bar Holder*** UP098
L 1200mm - 9kg (Bars not included).



A

B

C

A Tricep Bar PCA104

500mm - 2.4kg

B Soft Grip Stirrup CA112

140mm - 0.75kg

C Lat Bar - Close Grip PCA100A

920mm - 4.2kg

ORP Cable Pack PCAPACK

Includes: 1x Tricep bar, 1x Lat Bar - close grip, 1x Angled Tricep Bar, 1x Lat Bar + handles, 1x Lat Bar - wide grip, 1x Seated Row 2-handle, 1x Curl Bar, 1x Stirrup Handle, 1x Water Drop, 1x Body Shape, 1x Leather Foot Loop, 2x Soft Grip Stirrup.

D *Angled Tricep Bar* PCA102

320mm - 2kg

E *Lat Bar + Handles* PCA101

750mm - 5kg

F *Lat Bar - Wide Grip* PCA100

1200mm - 5.2kg

A

B

C

D

A *Seated Row 2-Handle* PCA105

790mm - 3.6kg

B *Double Tricep Rope* CA111

680mm - 800g

C *Curl Bar* PCA103

790mm - 3.6kg

D *Stirrup Handle* PCA110

1kg

E ***Water Drop*** CA114

120mm - 0.6kg

F ***Leather Foot Loop*** CA113

340mm - 0.8kg

G ***Body Shape*** CA115

200mm - 0.9kg

DAP Cable Pack PCAPACK

Includes: 1x Tricep bar, 1x Lat Bar - close grip, 1x Angled Tricep Bar, 1x Lat Bar + handles, 1x Lat Bar - wide grip, 1x Seated Row 2-handle, 1x Curl Bar, 1x Stirrup Handle, 1x Water Drop, 1x Body Shape, 1x Leather Foot Loop, 2x Soft Grip Stirrup.

EASY LOCK RUBBER FLOORING

Square Rubber Tile HSMATFT12

L 500 x W 500 x H 12mm

Rubber Edge HSMATES12

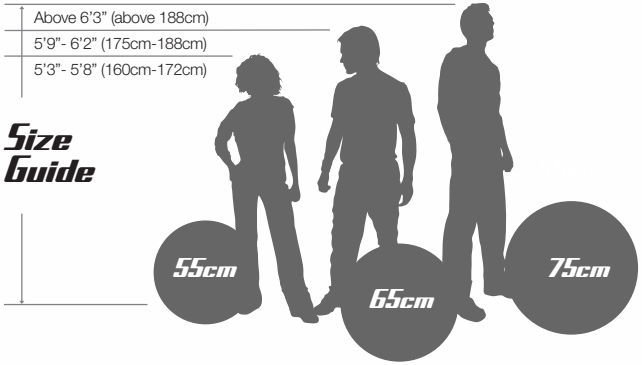
L 500 x W 160 x H 12mm

Rubber Corner HSMATCB12

L 160 x W 160 x H 12mm

GROUP EXERCISE

55cm Anti-Burst Gymball - Red	LFGB55
65cm Anti-Burst Gymball - Grey	LFGB65
75cm Anti-Burst Gymball - Black	LFGB75



Heavy Duty Double Action Pump MG-33

9 Gymball Rack 9GBR

1300 x 1300 x 1750mm

MEDICINE BALLS AND RACK

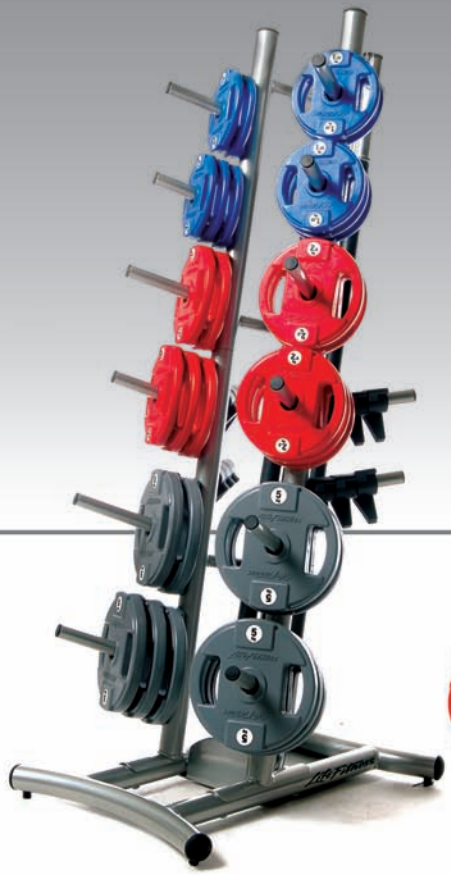
5kg Life Fitness Medicine Ball - Red	LFMB005
4kg Life Fitness Medicine Ball - Black	LFMB004
3kg Life Fitness Medicine Ball - Grey	LFMB003
2kg Life Fitness Medicine Ball - Blue	LFMB002
1kg Life Fitness Medicine Ball - Red	LFMB001

5 Ball Medicine Ball Rack LF25RACK

DOUBLE GRIP MEDICINE BALLS AND RACK

10kg Life Fitness Double Grip Medicine Ball - Red	LFMB010
9kg Life Fitness Double Grip Medicine Ball - Black	LFMB009
8kg Life Fitness Double Grip Medicine Ball - Grey	LFMB008
7kg Life Fitness Double Grip Medicine Ball - Blue	LFMB007
6kg Life Fitness Double Grip Medicine Ball - Red	LFMB006

5 Ball Medicine Ball Rack LF25RACK



Group Strength Set LFRS20

2 x 5kg (Grey) 2x 2.5kg (Red), 2x 1.25kg (Blue) 1 x Steel Bar, 1x Clamp Collars (Pair).

Group Strength Rack LF20RACK

Holds 10 complete sets.

BARBELL SET
SHOULDER PRESS
MED BALL
SIDE BEND
RUSSIAN TWIST
WITH MED BALL
1 LEGGED MED
BALL LIFT ON BALL

ALTERNATING SHOULDER PRESS WITH BARBELLS
BENT-OVER BARBELL ROW
MED BALL ROTATION
1 LEGGED MED BALL EXTENSION

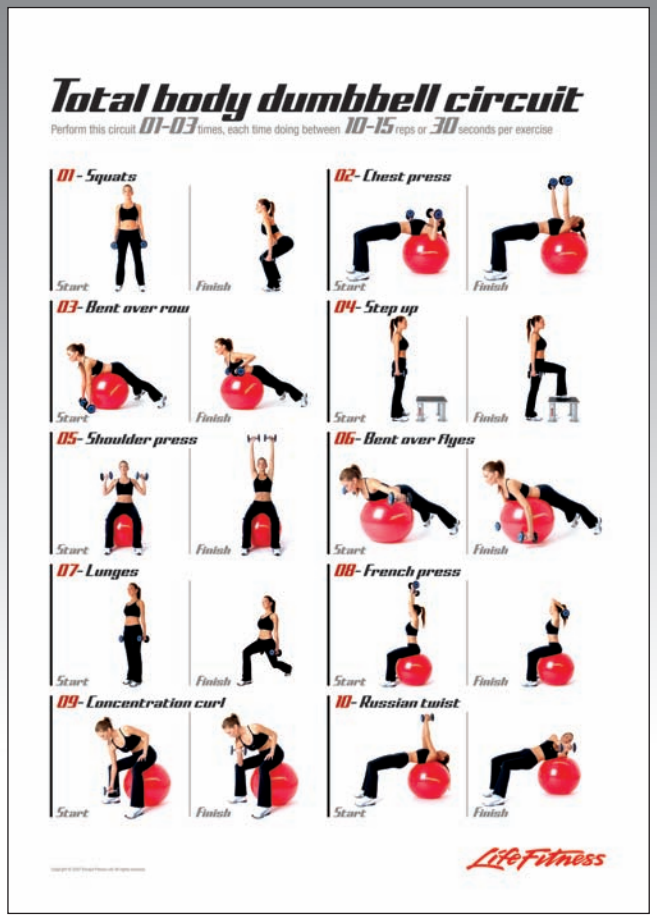
FREE-STANDING TECHNIQUE BAGS

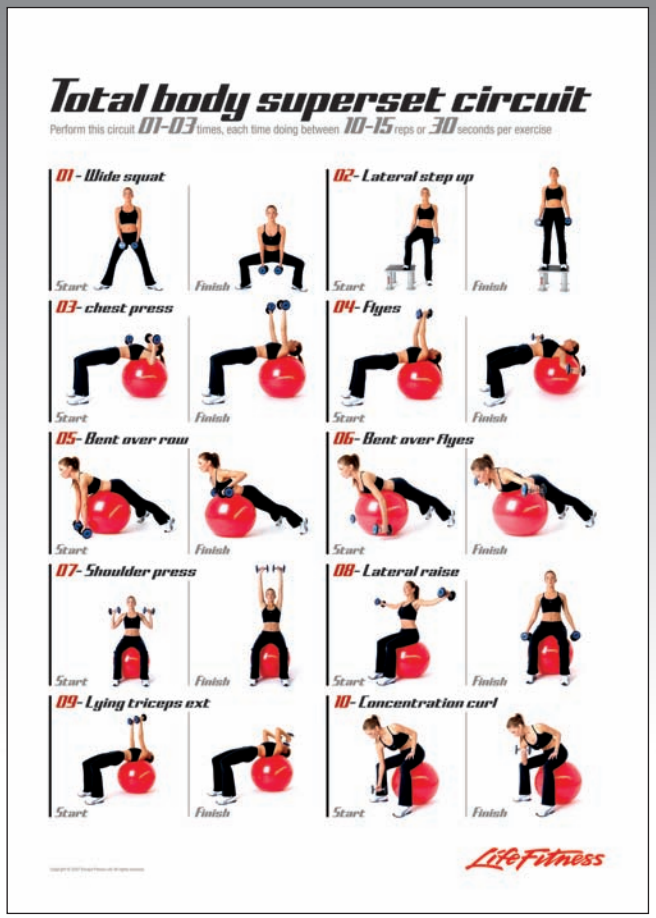
Free-Standing Technique Bag - Red LFFSPB1

L 750 x W 750 x H 1850mm Weight: 72kg.

Free-Standing Technique Bag - Grey LFFSPB2

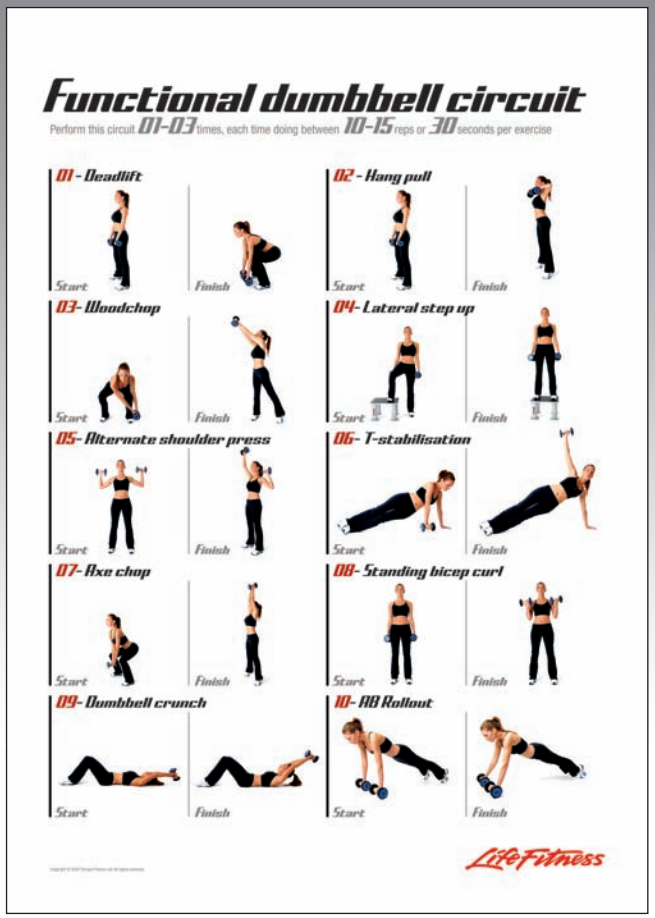
L 750 x W 750 x H 1850mm Weight: 72kg.

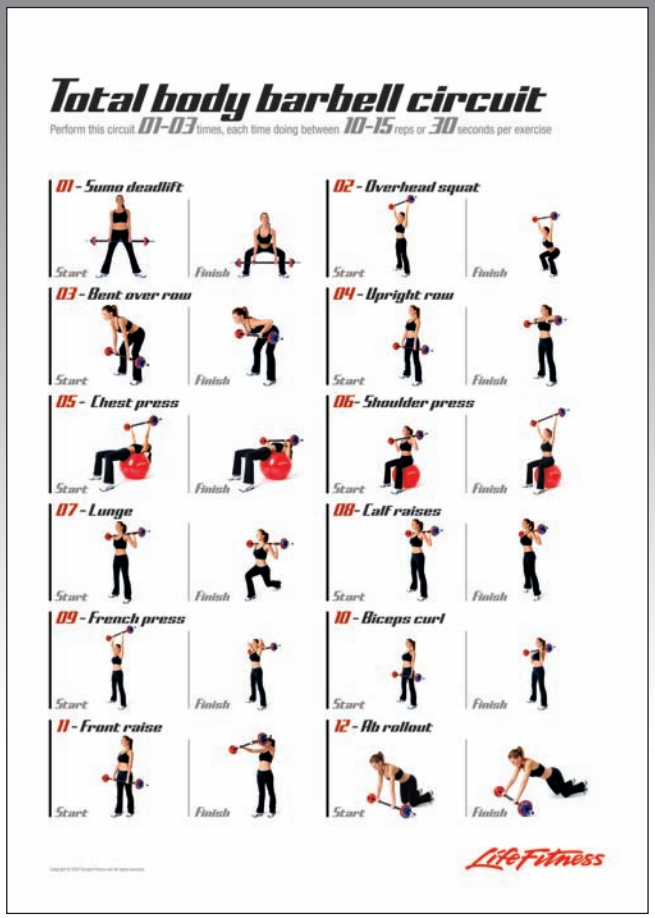


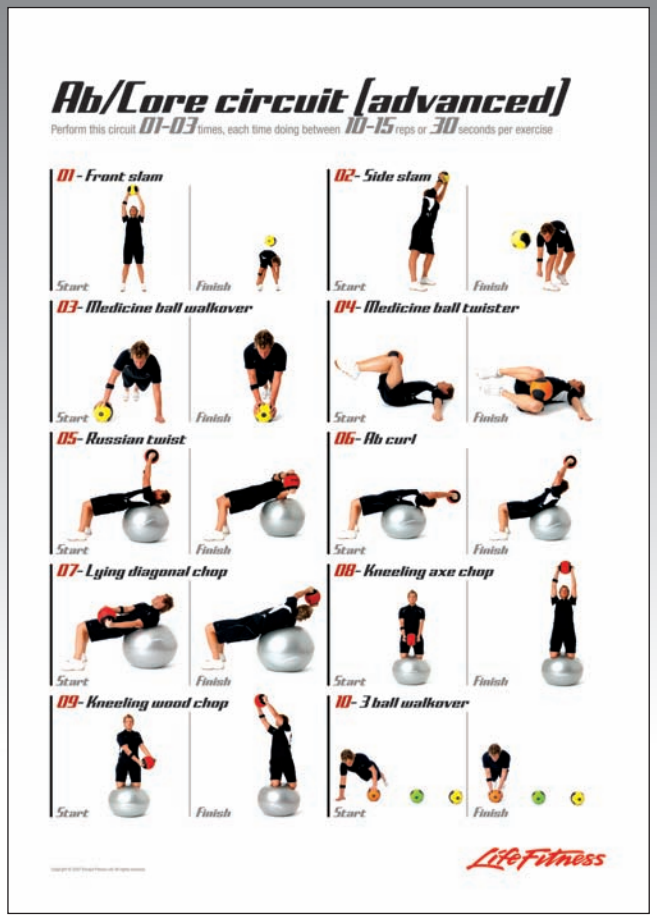


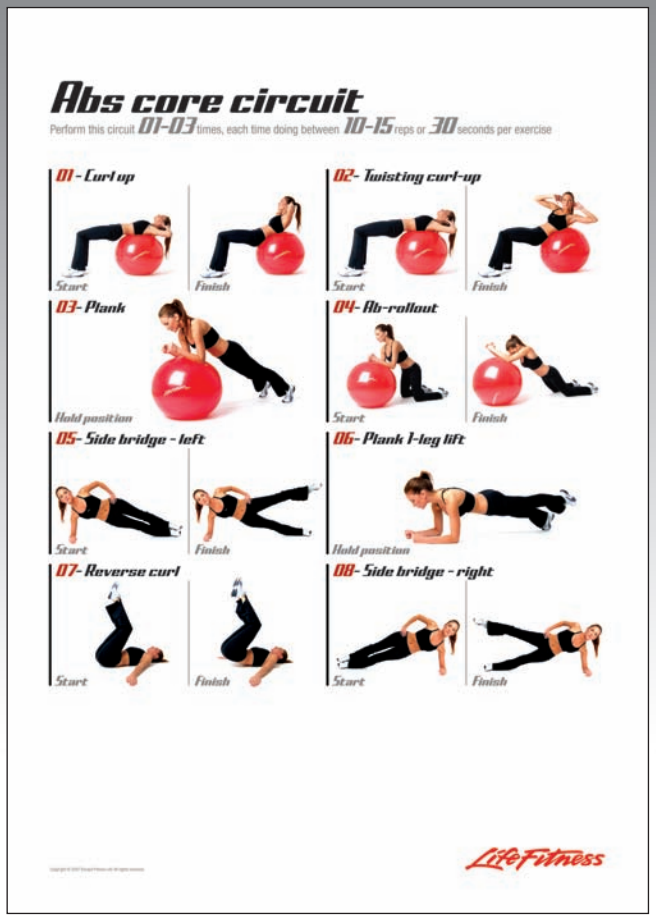
Strength - Exercise Posters X4 Set - 594 X 420mm LFEP-SS

01. Total Body Dumbbell Circuit
02. Total Body Superset Circuit
03. Functional Dumbbell Circuit
04. Total Body Barbell Circuit


Functional dumbbell circuit
Perform this circuit 01-03 times, each time doing between 10-15 reps or 30 seconds per exercise
01 - Deadlift
02 - Hang pull
03 - Woodchop
04 - Lateral step up
05 - Alternate shoulder press
06 - T-stabilisation
07 - Axe chop
08 - Standing bicep curl
09 - Dumbbell crunch
10 - AB Rollout
Start
Finish
LifeFitness

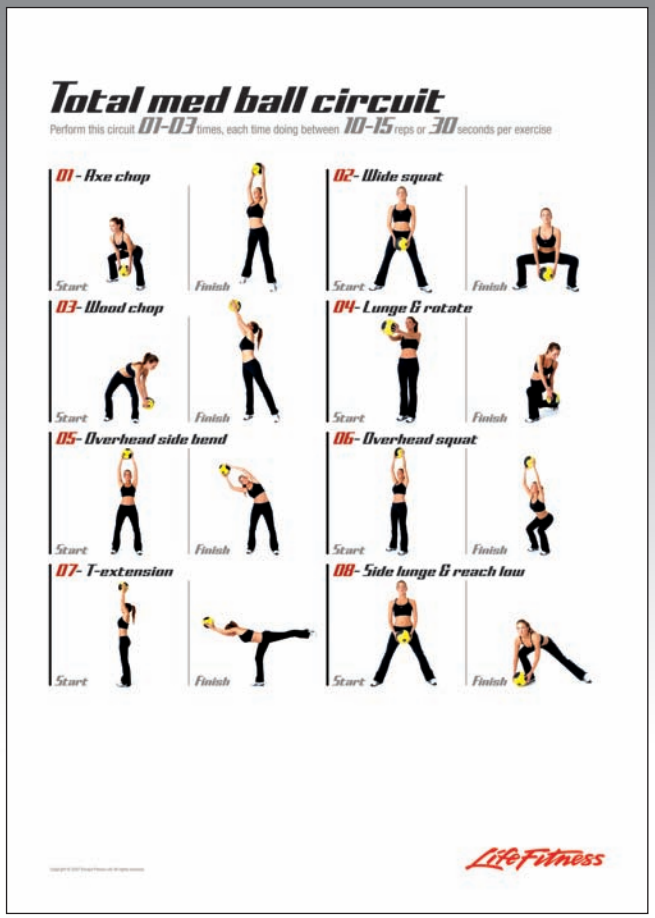

Total body barbell circuit
Perform this circuit 01-03 times, each time doing between 10-15 reps or 30 seconds per exercise
01 - Sumo deadlift
02 - Overhead squat
03 - Bent over row
04 - Upright row
05 - Chest press
06 - Shoulder press
07 - Lunge
08 - Calf raises
09 - French press
10 - Biceps curl
11 - Front raise
12 - Ab rollout
Start
Finish
LifeFitness

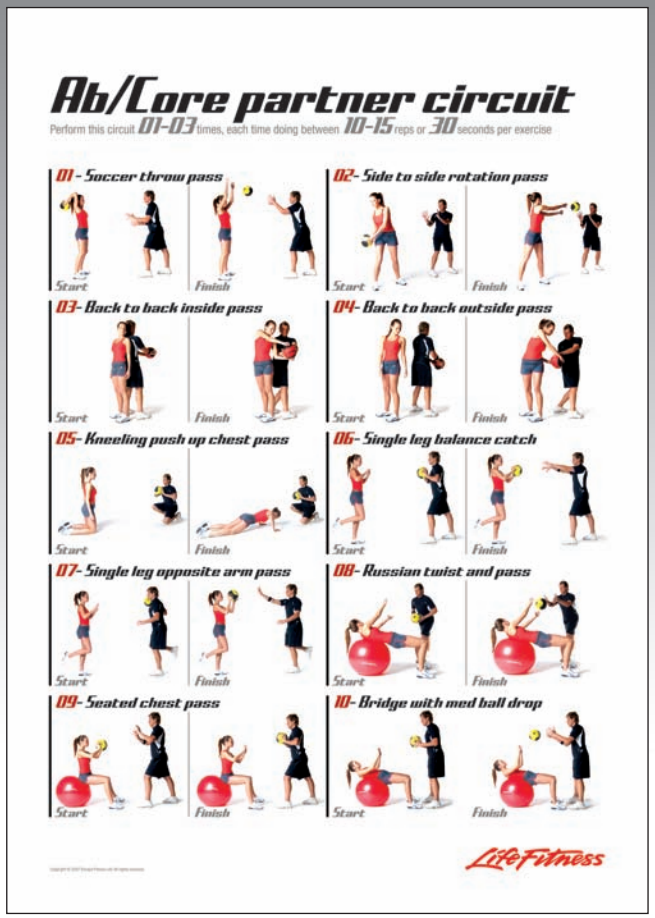




Core - Exercise Posters X4 Set - 594 X 420mm LFEP-CS

01. Ab/Core Circuit (Advanced)
02. Abs Core Circuit
03. Total Med Ball Circuit
04. Ab/Core Partner Circuit





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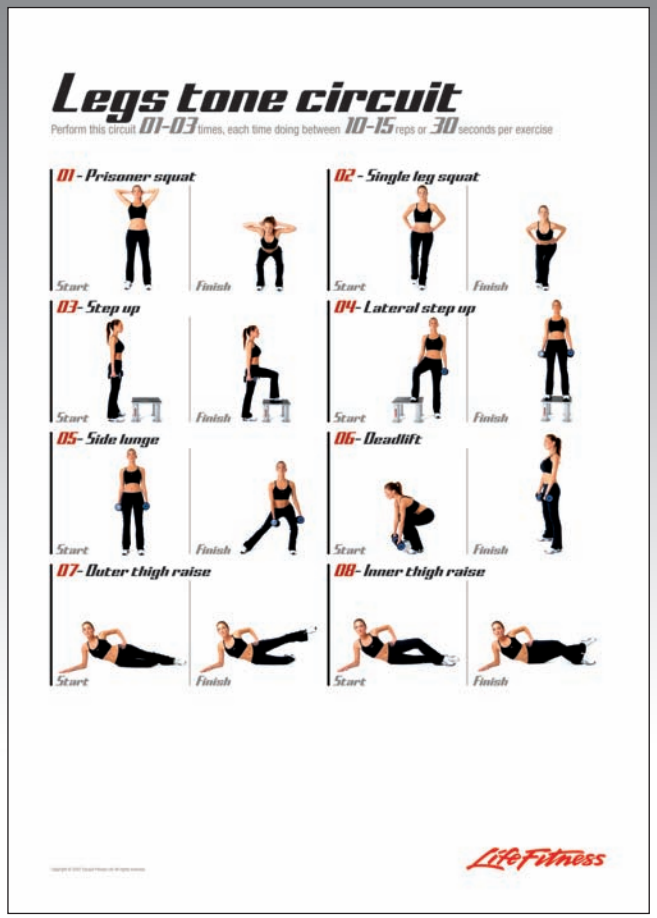
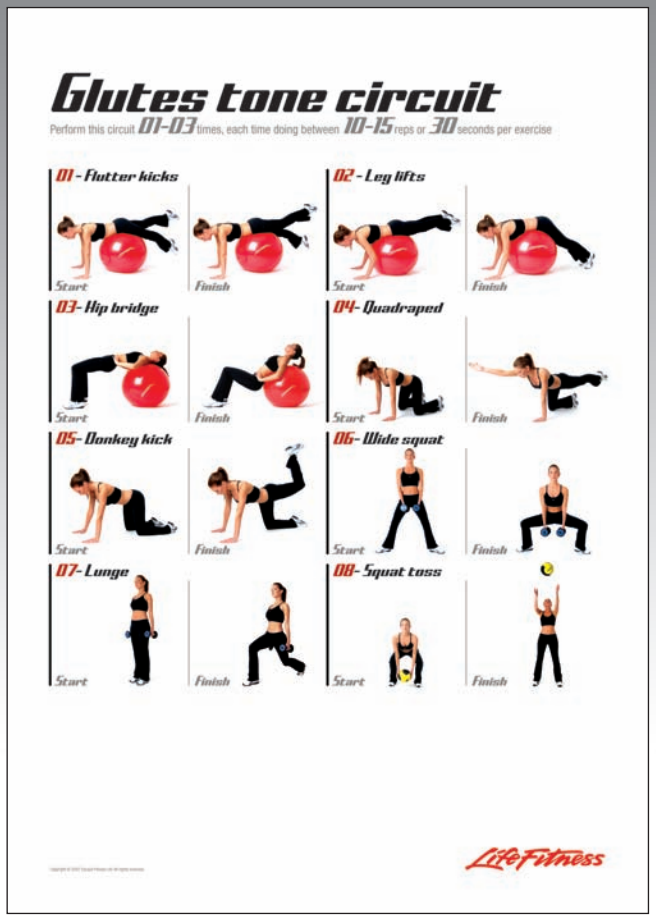
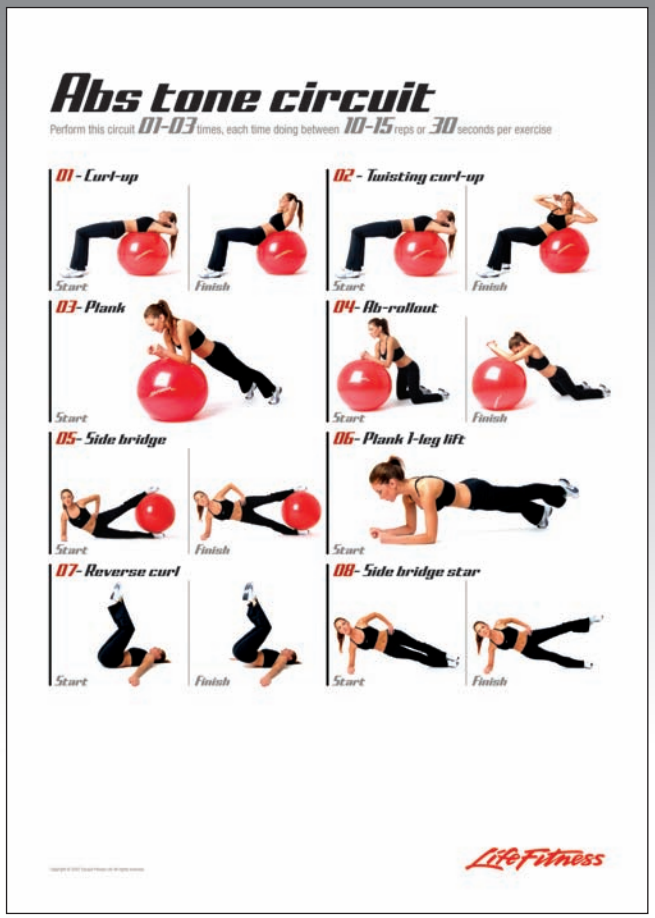




Tone - Exercise Posters X4 Set - 594 X 420mm LFEP-TS

01. Legs tone circuit
02. Glutes tone circuit
03. Abs tone circuit
04. Stretch Circuit



LifeFitness

LifeFitness

THE CIRCUIT STUDIO

"IT'S NON-STOP GROUP ACTION"

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